

# BILLINGS

## Dementia caregiver cost tracker

Who it helps: Families tracking dementia-related caregiving and respite costs.

Summary: Monthly cost tracker plus respite planning prompts.

Not medical, legal, or financial advice. Use this as a practical checklist and a record-keeping tool.

Monthly cost tracker (fill totals):

- Home care / aides: \$\_\_\_\_\_
- Adult day / respite: \$\_\_\_\_\_
- Medications / supplies: \$\_\_\_\_\_
- Transportation: \$\_\_\_\_\_
- Home safety changes: \$\_\_\_\_\_
- Co-pays / visits: \$\_\_\_\_\_
- Other: \$\_\_\_\_\_

Care planning prompts:

What support do we need this month (sleep, meals, supervision, bathing)?

Who can help (family, neighbors, local programs)?

What is the next likely change in care level (and what will it cost)?

Helpful links:

- 211 local services: <https://www.211.org>
- Patient Advocate Foundation: <https://www.patientadvocate.org>
- HealthCare.gov (Marketplace): <https://www.healthcare.gov>
- Medicaid: <https://www.medicaid.gov>
- Medicare cost help: <https://www.medicare.gov/basics/costs/help>
- Alzheimer's Association: <https://www.alz.org>
- NIA caregiving: <https://www.nia.nih.gov/health/alzheimers/caregiving>